

**Amendments to the Claims:**

This listing of claims will replace all prior versions, and listings, of claims in the application:

**Listing of Claims:**

Claims 1-16 (cancelled)

Claim 17 (currently amended): A sleep-support system for supporting a person sleeping prone on a sleep surface, said sleep-support system comprising:

a torso piece and a head-piece;

wherein said head-piece has a head-piece wedge shape formed by a flat base and a head-support surface having a transverse slope that is determined by a head-piece wedge angle, said head-support surface having a high end and a low end, and wherein said head-piece includes a head block made of a rigid material and a head-piece pillow cover that covers at least said head-support surface with a compressible cushioning material;

wherein said head-piece wedge angle is selected to support a head of said person at a slight angle relative to said mattress so as to provide comfort while minimizing vertebral stress on said person;

wherein said torso piece has a torso-piece wedge shape formed by a flat base and a torso-support surface having a transverse slope that is determined by a torso-piece wedge angle, said torso-support surface having a high end and a low end, said high end of said head-support surface being a height that is at least twice the height of the high end of said torso-support surface; and

wherein said torso piece has a torso-piece length dimension and said head piece has a head-piece length dimension and wherein said torso-piece length dimension is sufficiently long to support a torso of said person and to prevent said torso from rotating, and said head-piece length dimension is sufficiently long to support a head of said person, without supporting said torso of said person.

Claim 18 (currently amended): A sleep-support system for supporting a person sleeping prone on a sleep surface, said sleep-support system comprising:

a torso piece and a head-piece;

wherein said head-piece has a head-piece wedge shape formed by a flat base and a head-support surface having a transverse slope that is determined by a head-piece wedge angle, said head-support surface having a high end and a low end;

wherein said head-piece wedge angle is selected to support a head of said person at a slight angle relative to said mattress so as to provide comfort while minimizing vertebral stress on said person;

wherein said torso piece has a torso-piece wedge shape formed by a flat base and a torso-support surface having a transverse slope that is determined by a torso-piece wedge angle, said torso-support surface having a high end and a low end, said high end of said head-support surface being a height that is at least twice the height of the high end of said torso-support surface; and

wherein said torso piece has a torso-piece length dimension and said head piece has a head-piece length dimension and wherein said torso-piece length dimension is sufficiently long to support a torso of said person and to prevent said torso from rotating, and said head-piece length dimension is sufficiently long to support a head of said person, without supporting said torso of said person, and wherein said torso-piece includes a torso block made of a rigid material and a torso-piece pillow cover that covers at least said torso-support surface with a compressible cushioning material.

Claim 19 (previously presented): Method for permitting the head of a prone sleeper on a bed surface having a longitudinal direction and transverse direction to be comfortably oriented without creating risky cervical-spinal stress, said method comprising the steps of

- (a) placing on said bed surface a cylindrical torso piece having a wedge-shaped cross section perpendicular to a torso-piece longitudinal axis, wherein said wedge-shaped cross section of said torso piece is characterized by a thin

side and a thick side and by a torso wedge angle located at said thin side of said torso piece, and wherein said torso-piece longitudinal axis approximates in length a human torso;

- (b) orienting said torso piece with said torso-piece longitudinal axis parallel to said longitudinal direction and said thin side of said torso piece adjacent to one side of said sleeper;
- (c) placing a cylindrical head piece having a head-piece longitudinal axis and a wedge-shaped cross section perpendicular a head-piece longitudinal axis, wherein said wedge-shaped cross section of said head piece is characterized by a thin side and a thick side and by a head wedge angle located at said thin side of said torso piece, and wherein said head-piece longitudinal axis approximate in length a human head, orienting said head piece with said head-piece longitudinal axis parallel to said longitudinal direction with said thin side of said head piece facing said thin side of said torso piece;
- (d) slipping said head piece upwards with respect to said sleeper and then between said bed surface and said head of said sleeper so that said head of said sleeper fully supported by said head piece while facing said thin side of said head piece.